Chichester HERALD

Friday 12th September 2014
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COMPETITION
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Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
Page 22

So how hot do you like yours?
DENISE KELLY
Page 24

City museum 'set free'

Councillors decide that district museum should offer free admission

Susanna Reid
NEWS@CHICHESTERHERALD.CO.UK

LEADING COUNCILLORS from Chichester District Council have decided that the council's museum 'The Novium' will be made free for everyone from Monday 17November 2014.

Since the museum opened two years ago, the council has been looking for ways to offer free entry. A new business strategy that explores ways in which this could be achieved was discussed by councillors at their Cabinet Meeting today (Tuesday 9 September).

"We have listened to our visitors and have been working on ways that would enable us to make the museum free for everyone," says Cllr Myles Cullen, Cabinet Member for Commercial Services at Chichester District Council.

"Our museum team has been carrying out a great deal of work behind the scenes and has put us in a position where we can explore alternative forms of funding. They have also taken on board people's comments and made significant improvements and so now is the time for us to offer free entry to everyone.

"We now want to encourage people to support their local museum by making a donation, using our

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Cathy Hales - museum manager and Cllr Myles Cullen, Cabinet Member for Commercial Services are joined by a Roman Soldier to celebrate the museum offering free admission

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UNIVERSITY UP FOR TOP INDUSTRY GONG *Page 14*

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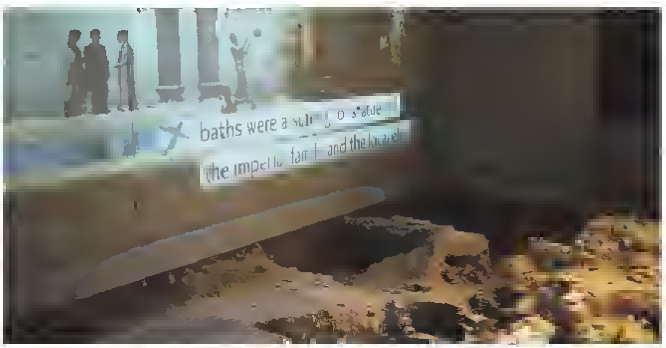
Councillors decide that district museum should offer free admission

shop, or even using our new tea and coffee facilities. This will make a big difference in helping the museum to go from strength to strength. This approach has worked for other museums across the country and so we believe that this will work for our museum. We are also planning to offer lots of exciting activities for the whole family – including crafts, games and expand our special events – many of which are already sold out.

"We want to encourage our local residents and visitors from outside of the area to explore the rich history of the district and use the museum as a key community location in the city, where people can meet and gather. We hope that providing free entry to the museum will mean that our visitor numbers will increase and that people will want to return again and again."

The report suggested that if the admission fee was removed, the museum could explore other funding options. These include improving the shop, introducing touring exhibitions from some of the national museums which would be charged for; encouraging people



to make donations, and holding more events including wedding hire of both the museum and The Guildhall. The Tourist Information Centre, located within the museum, would also expand the services it can offer.

Cathy Hakes, the museum's new manager, is excited about the new developments and has already designed an action packed programme to welcome people through the door.

"We have so much to offer local residents. We now have a location where people can meet, do business, have fun as a family – all while rediscovering the area's rich history. So you can pop in for a coffee and cake, while looking over the Roman Baths, have a business meeting while accessing our free WiFi, or join in one of our many events and activity sessions.

"We have an army of volunteers who can tell you all about the history of the district, while pointing out some of our more unusual artefacts. Plus, you don't know who else you might bump into – from a Roman soldier to a Victorian gentleman.

"We are constantly developing the museum and what it offers and feel that it has already come a long way since it opened two years ago. We have new exhibits, interactive activities, events and information boards. The museum team are also offering regular lunchtime and evening lectures. The galleries are constantly changing so it's definitely worth returning if you haven't visited for a while. Popular events such as 'The Night at the Museum' have sold out – which is brilliant. Plus, we've held some fantastic events for a variety of businesses across the district. The museum is also a key asset to local schools and we have one of the largest handling collections (where people can touch exhibits) in the country.

"We're also looking at attracting touring exhibitions from some of the national museums in the future. These would be placed in the upper galleries and there would be a fee to visit them. We're also expanding what we can offer the local community and we are even hoping to hold weddings in both The Guildhall in Priory Park and The Novium Museum – so watch this space!

"We are really looking forward to welcoming our local residents and hope that the museum will become a key community facility that everyone enjoys."

Chichester Cathedral Takes Up Ice Bucket Challenge...!

CATHEDRALS are joining the Ice Bucket Challenge. Earlier this week, staff at Chichester Cathedral took delight in pouring (rather a lot of) iced water over the heads of the Cathedral's Acting Dean (Canon Tim Schofield), Chancellor (Canon Dr Anthony Cane) and Restoration Trust Director (Craig Sergeant).

Chichester Cathedral was nominated by Portsmouth Cathedral. The Cathedral will also be donating to the Motor Neurone Disease Association.

From the left, the ice pourers are: Cilla Topps (Cathedral Cafe Supervisor), Simon Mears (Cathedral Maintenance Team) and Martin Gowing (Cathedral Maintenance Team). Also from the left, the iced ones' are: the Cathedral Chancellor (Canon Dr Anthony Cane), the Acting Dean (Canon Tim Schofield) and the Restoration Trust Director (Craig Sergeant).

Anorak Corner

Interesting snippets of information about Chichester

In the early 19th century the market in Chichester was becoming very congested. On market days West Street was full of livestock for sale. There were also people selling food. To ease the congestion it was decided to erect a building where people could sell things like butter, cheese and vegetables separately from the livestock market. In 1555 the Buttermarket was built for this purpose.

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Exclusive to the lovely readers of the Chichester Herald.

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@STWHSHOPS
We have some great outfits for the Goodwood Revival at our Retro & Vintage shop 11 Eastgate Square Chichester

@CarersTrust
A big thank you to the team @ Butlins #BognorRegis for taking part in the coastal walk to raise money for us! Good luck today!!

@Mark_Cooper
Mooning you all again!) The supermoon taken at West Wittering in West Sussex, tonight. Enjoy! pic twitter.com/pxe79qCWj4

@dee_sm0es
Free entry this Saturday Petworth Mouse and Park | Heritage Open Days ora @ sharethas

@KingTheMaste
"money can't buy happiness" but it can buy a train ticket to Chichester that's good enough for me

@denilscustard
The magnificent arch in Bosham church (on the Bayeux Tapestry) I really hoped I stood in Harold's footsteps pic.twitter.com/ZYVnL8ph4u

@ClareNeirinn
I am back from West Wittering It is a gem Don t tell anyone about it, it will be our little secret *shhh*

@OJKDesigns
Another lovely sunny day in West Sussex today September is turning out to be quite a nice month so far :) #Sussex #Weather #Chichester

@RBSGroup
Happy to have helped @ iRun_UK open it's first store in Chichester! It's one of our August Deals of the Month http://rbs.tm/augdotm

@Nicola_Hembrey
great news Chichester's excellent Novium Museum will become free entry from 17th November Well done to @TheNovium and @ ChichesterDC

Actually she's not "Chichester's", she's "Fishbourne's"

Kate Mosse

BALCONIES
On TV the Homes UnderThe Hammer presenter was bigging up a bedroom because it had a "Juliet balcony" This is a glass door which leads nowhere but a straight drop down to the ground In order to prevent anyone falling out of a door to nowhere they put up waist high iron bars

SHAKESPEARE
I guess Juliet Balcony" comes from Romeo and Juliet and the balcony scene where she says Wherefore art thou Romeo?" I recently learned that this line does not mean "Where are you Romeo?" It means "Why are you Romeo?" There's poetic justice in a door that means less than it seems being named after a speech that means more than it seems

ANOTHER RENOWNED WRITER
Chichester's Kate Mosse's new novel came out yesterday Actually she's not "Chichester's" she's "Fishbourne's" The factoid came out at her book launch. The book's called "The Taxidermist's Daughter" and it's a blood and bone Gothic gallop set in a taxidermist's house in Fishbourne a hundred years ago The book launch ended with a good joke Kate asked her mother and her mother-in-law to shout out the title they preferred instead of "The Taxidermist's Daughter" and they shouted "Get Stuffed!"

OTHER MISUNDERSTANDINGS IN SHAKESPEARE
"Ask not for whom the bell tolls" means "You're only supposed to blow the bloody doors off"

"Is this a dagger I see before me?" means "This is not the droid you're looking for"

"My Kingdom for a horse" means "I need your clothes your boots and your motorcycle!"

TRACTORS
It's tractor time on the roads around Chichester with cars tailing back behind them Sometimes they pull over and let the queue through, sometimes they don't

FARMERS
A historian has been explaining the origins of war Apparently it's farmers Ancient humans ate nuts and berries when the bushes were empty they'd move Then they learned to grow crops and staked a claim on land Territorial disputes then wars always about land Now of course wars are about whose imaginary friend is best

INDEPENDENCE
I'd vote for Independence any day Who wants to be dependent? If Scotland gets independence can you imagine the annual party on every anniversary?

ANOTHER RENOWNED WRITER
Eric Coates who's he? Well, you know Desert Island Discs and that dreamy theme tune! He was a Selsey man and he wrote that gazing out towards the Isle Of Wight. So in case you ever wonder whereabouts is the real godforsaken island thick with washed up glitterati listening to their Elgar and Penny Lane it's 20 minutes from Portsmouth.

INDEPENDENCE
I was working in the USA one Independence Day The day before they pronounced it "July three" The day after was "July five" The day in between was "The Fourth Of July" I asked a yank why they only pronounced one day of the year properly and she replied "Because we are independent, Limey"

JOKE
At the end of a film a man refused to leave the cinema He stayed sat in the stalls The usherette asked him to move and he said "No" She asked him his name and he replied "Can't remember" She asked him where he came from and he replied "Uuuuuh, the balcony"

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83 000**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld, newsagents One Stop Chichester College plus **422 newspaper stands** in the area Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

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Scam and robbery

DURING THE EARLY AFTERNOON on Friday (5 September) a couple in Bognor Regis town centre were approached by a man offering some cheap Apple electronics for sale.

He took them to his car in Morrison's car park in Bedford Street, showed them some Apple equipment and a price was agreed.

While her partner waited, the woman went to withdraw £400 from her bank. When she came back, she saw a man she did not know sitting in the man's car.

The first man presented the couple with a canvas bag, but the woman became suspicious and refused to hand over the cash until she had seen the contents.

At this, the man threatened her and grabbed the money. He and his accomplice left in their light blue Ford Focus, heading south on The Queensway at about 2.40pm.

The man is white, of, aged 35-37, fat, clean shaven and with a shaven head. He had an Irish accent and was wearing a yellow t-shirt.

The man in the driver's seat of the car was also white, aged about 25 and of medium build.

Detective Constable Mark Burgess, of Chichester CID, said: "Anyone being approached in this way should call police immediately.

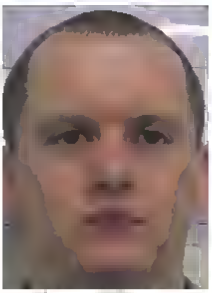
"Our advice is never to buy goods from the back of cars or vans, and never hand over cash, no matter how much of a bargain you think you might be getting.

"If it seems too good to be true, then it probably is."

Anyone with information about this incident is asked to email 101@sussex.pnn.police.uk or phone 101, quoting serial 991 of 5/9.

Alternatively, please contact the independent charity Crimestoppers free and anonymously on 0800 555 111.

Appeal for information on Ford absconder Greg Disbrey



Greg Disbrey is missing from Ford Prison

POLICE ARE APPEALING for the whereabouts of Greg Disbrey who absconded from Ford Prison on Monday (September 8).

Disbrey, 27, was convicted of burglary and handling stolen goods in London in August 2012 and was serving a three-and-a half year sentence. He is now unlawfully at large.

He is described as white, 5' 7", of medium build, with cropped light brown hair and blue eyes. He has a pierced left eyebrow, two large moles behind his right ear and a tattoo of a cross on his right forearm. He speaks with a London accent.

He has links to Edgeware in north London and Devon.

Anyone with information about where he is or has been him is asked to contact police immediately on 999.

Man charged with nine thefts from cars in Chichester area

A MAN has been charged with nine counts of theft from motor vehicles in the Chichester area and Hampshire at the end of August.

Edward Butler, 30, unemployed, of Tangley Walk, Havant, is alleged to have broken into cars and stole various items at Stansted Park, Hampshire, on August 29 and 31 and at Ambersham Common, Cocking Hill, Heyshott Common and West Stoke on August 31.

He appeared at Crawley Magistrates' Court on Tuesday (September 2) where he was remanded to appear at Chichester Crown Court on September 23.

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Woman charged over assisting murder of former Selsey resident

A WOMAN has appeared in court charged in connection with the murder of a former Selsey resident and mother-of-five in the New Forest.

Pennie Davis, 47, had been tending her two horses in a paddock near Beaulieu, Hampshire, when she was fatally stabbed on September 2.

Leanne Doyle, 24, of Beech Crescent, Hythe, appeared at Winchester Crown Court accused of assisting an offender and intending to pervert the course of justice.

She was released on bail and will reappear at the same court on October 1.

On Tuesday night, detectives arrested a 36-year-old man on suspicion of Mrs Davis' murder.

They have been given a further 12 hours to question him, and then will have to charge him, release him, or apply to a magistrate for a further custody extension.

A 22-year-old man previously arrested on suspicion of murder and a 37-year-old man arrested on suspicion of assisting an offender have both been released on police bail pending further inquiries.

Mrs Davis suffered multiple stab wounds and her body was found by her husband Pete.

She worked in a supermarket and married just four months ago.

West Sussex ready for Sir Brad, Cav and the Tour of Britain

THE STAGE is set for the Tour of Britain cycle race when it passes through West Sussex on Saturday, September 13.

Sir Bradley Wiggins will defend his title in the race, against a field that includes Manx Missile Mark Cavendish, German sprint king Marcel Kittel, and 2011 champion Dutchman Lars Boom.

The event is free for spectators to watch.

Big crowds are anticipated on the day and all visitors are recommended to arrive early to see the action.

West Sussex County Council leader Louise Goldsmith said: "The wait is almost over for us to welcome the Tour of Britain and the world's top cyclists to West Sussex for the first time.

"It is an opportunity to showcase to the world what a fabulous county we live in.

"We are expecting a great turn-out, so please come along and enjoy what is going to be an exciting day."

There are three key locations the race will pass through in West Sussex.

In Petworth, the peloton is expected to pass through at about 11.20am.

Sir Bradley Wiggins will be passing through Midhurst and Petworth

There will be a spectator hub here for the crowds.

Cycling related activities, such as bike doctor check ups and cycling competitions, are planned.

Motorists should be aware of the following road closures which will affect traffic while the race passes through West Sussex:

Road closures

10am-12pm – A283 Petworth (at its junction with the A272),

10am-12pm – A272 North Street, Petworth (at its junction with the A272 Horsham),

10.30am-12pm – A286 North Mill Bridge, Midhurst,

Rolling road closures

Police and civilian motorcycles will enforce the rolling road closure system as the race progresses.

These motorcycles close the roads in front of the race, allowing it to pass through without interference from non-race traffic.

Once the race has departed an area, the roads will re-open.

In practice, roads may be closed from 15 minutes to half an hour, depending upon the terrain, weather and race location.

These will be in force all along the route at the following locations at these estimated times (subject to change):

10.53am – A286 Surrey county boundary;

10.53am – A286 Bell Road/Haslemere Road/Midhurst Road/Dodsley Lane, Easebourne,

11.06am – A272 Easebourne Lane/Tillington Road, Petworth, Pound Street,

11.20am – A283 Saddler's Row/Market Square/Golden Square/New Street/East Street, A272 North Street/Horsham Road to A29 Stane Street, Billingshurst,

11.44am – A264 Horsham Road Billingshurst,

The Tour of Britain runs from Sunday, September 7 to Sunday, September 14.

The Sussex leg is the penultimate stage of the race and will begin in Camberley, Surrey and end in Brighton and Hove.

For more information visit www.westsussex.gov.uk and search for 'Tour of Britain'.

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Chichester Pupil Takes The Crown In ŠKODA King Of The Mountains Jersey Competition

Chichester Pupil Vanessa Hang Takes The Crown In ŠKODA King Of The Mountains Jersey Design Competition. Vanessa is pictured with the Headteacher of Oakwood School, Mrs Gill Proctor

CHICHESTER SCHOOL GIRL, Vanessa Hang, 10, proved she has a creative flair, as she designed her way to the top spot in a national design competition held by ŠKODA UK.

As the official car partner to the Friends Life Tour of Britain, ŠKODA UK launched its contest at the Goodwood Festival of Speed in June. The competition offered younger visitors the opportunity to design the famous ŠKODA King of the Mountains jersey in the Tour of Britain, awarded to the best climber in the race.

ŠKODA UK will supply 150 support vehicles for the Tour of Britain, taking place from 7-14 September 2014, these include the flagship ŠKODA Superb, Octavia Estate, Yeti and Rapid Spaceback. The fleet of ŠKODA support vehicles, designed to offer class-leading space, will transport engineers, medical staff and essential maintenance equipment during the race.

Vanessa Hang, who attends Oakwood Preparatory School in East Ashling, Chichester, was picked as the overall winner. Her prize is to see her design transferred on to the official jersey and worn by the King of the Mountains winner. Vanessa will also have the once-in-a-lifetime opportunity to present the jersey, sporting her one-off design, to the successful rider at The Tour of Britain's official prize ceremony taking place in London on 14th September.

Vanessa comments: "Two of my favourite things are riding my bike and drawing so I'm really excited that my design will be used on the real jersey. I can't wait to watch the cyclists at the final and see the winner wear my design."

Emily Burns, Communications Manager for ŠKODA UK, comments: "This is the third year we have offered youngsters the opportunity to design the actual ŠKODA King of the Mountains jersey for the Tour of Britain. We were overwhelmed with the high standard of entries to our competition.

"On behalf of ŠKODA UK, I'd like to congratulate Vanessa on her winning design – it was wonderful to see her creativity and enthusiasm for cycling, and we can't wait to see her present it to the King of the Mountains winner on the podium next week."

Thousands attend CFT Open Day

OVER 4000 people enjoyed a bands-on theatre experience at the Chichester Festival Theatre Open Day on Sunday as they explored backstage at the recently redeveloped Grade 2* listed building. With a whole host of activities including singing workshops on the Festival Theatre stage, outdoor performances with the Youth Theatre, costume and set exhibitions, interactive stage make-up and technical demonstrations, the event attracted a host of new visitors to the venue.

Thousands enjoy Get Active Festival

IT WAS A GLORIOUS DAY of sunshine for the tenth Get Active Festival at Oaklands Park in Chichester on Sunday (7 September).

Thousands of people attended the event, which is organised by Chichester District Council. The aim is to help people of all ages and abilities across the district find out about the clubs and activities on their doorstep and help them to get fit, stay active, healthy and make new friends.

The day was a huge success and very popular, with people queuing to get involved even before the activities officially started. Even after the final whistle went at 4pm some activities were still going strong.

More than 40 clubs took part in the festival giving visitors the opportunity to sample a wide range of activities from softball to performing arts, mixed martial arts and fencing to clay modelling and yoga. Arabesque School of Performing Arts and the Nordic walking area, both new to the festival this year, were extremely popular while other activities included a fun inflatables and cookery demonstrations.

"We developed the Get Active Festival in 2005 as an Olympic Legacy event, and each year it continues to grow in popularity," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council. "It was one of our busiest years ever and we were blessed with excellent weather. A huge thank you must go to the 300 club members and volunteers who helped to make the day such a success and also to Great Ballard School and Oakwood School who sponsored some of the activities for us.

"One of the aims of the event is to help people discover an activity they enjoy, and nearly all the clubs told us they had received enquiries about membership and clubs have already told us they want to attend in 2015 which is fantastic news."

If you would like to find out more about volunteering in sport or about sports in the Chichester District, please call 01243 534857, email sport@chichester.gov.uk or go to www.chichester.gov.uk/sport

The Wittering Charity Paddle Race

2XS/X-Tram, with Shore Surf Club are organising a charity paddle race to raise money for The Sussex Snowdrop Trust on Sunday 14 September 2014.

The annual charity race starts at 11.30am from Shore Road (on the beach at East Wittering), and ends at West Wittering. Windsurf Club and competitors may use surfboards, SUPs or kayaks (prizes and medals for the winner of each category combined with highest sponsorship money raised). Last season 2013 £3450 was raised.

For 2014, if the wind is over 15 knots the event will run from West Wittering beach rather than start from Shore Road – check 2XS / Shore Surf Club websites the day before or call 01243 513077.

This year there will be live music from the Chichester Music Academy from around 12.30pm, they will have live acts playing while the BBQ is running at the finish line at West Wittering Estate.

The organisers are hoping to raise lots of money for The Snowdrop Trust who care for terminally sick children and their families. If you want to come along and watch the event, West Wittering Beach will be the best place to watch the finalists – you have to pay the parking fees to the car park and it will be located close to the windsurf club when you come into the beach. (West Wittering Estate/Beach, West Wittering, Po20 8AU)

The event is supported and sponsored by West Wittering Windsurf Club, Shore Surf Club, 2XS, X-Tram , West Wittering Estate, Prosport Sunscreen, Indo Board ,RRD ,The Landing ,The lamb Inn,The Old house at Home and BSUPA.

For more information please contact Event Director Simon Bassett 0774 775 8883 or simon@2xs.co.uk

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Momentous events are building as life in the shoe box continues

Allis Moss

On the Case

The Sun is a very British institution, isn't it?

I was amused at Rupert Murdoch's question in the page 3 debate "Aren't beautiful young women more attractive in at least some fashionable clothes?"

The idea that attraction partly depends on fashion is an interesting one

I must throw away that old-fashioned shirt with the grandad collar and that Elizabethan ruff.

Or by fashionable does he mean skimpy?

Let's face it, it's not news, but if there's going to be a woman in the starko-punko on page 3, I've always said there has to be a naked man on page 2 or 4

I'm all for equality, me. Some may offer the age-old riposte that a naked man is not nice to look at

Maybe I'll borrow Rupe's suggestion and say "let's put them in at least some fashionable clothes."

Now I'm really stumped. Sarong? Kilt? Tartan sarong to be topical?

While momentous events are building to a crescendo on the national stage, parochial life in the shoebox continues

A leaky bath tap demands a plumber, even on a Saturday, the grass in my back garden has gone into overdrive, a slug has got into the kitchen and left a tell-tale trail, the fridge needs a shake and vac.

"You will turn up, won't you?" I ask the plumber.

"That's what everyone says, when I'm the second person they call," Peter the plumber answers.

Gardeners, roofers, plumbers, why don't they turn up anymore?

Because they are an endangered species.

In our brave new world of instant billionaires and b-list celebrities, who still dreams of qualifying as an electrician?

Which means those who do can pick and choose their jobs and not bother to turn up if a better one comes along.

Then there are the lame excuses

A gardener who failed to show up at a neighbour's told her that he'd left his mobile in his van.

So?

Why not go and get it or use another phone?

It's called common courtesy.

But the worst no-show porky was a gardener who, when run to earth with a 141 prefixed call so he wouldn't not answer, explained it was because he'd broken his thumb.

Did I believe him?

No, I did not.

If he had broken his thumb, or his leg, there was nothing to prevent him calling to apologise for not being able to do the job.

Meanwhile, if you want a decent plumber who turns up on time on a Saturday, try the eponymous Peter of P M Plumbing in Chichester.

And no, I didn't get a freebie to plug him. All puns intended.

While wondering if the country I live in is going to exist in a week's time, my favourite old leather jacketed historian, Michael Wood – who was once described as 'the thinking woman's crumpet" and would have looked very fetching in a tartan sarong, has been telling us about Alfred the Great's clan on BBC2.

It's fascinating and as full of backstabbing as any history or future ever is.

Perhaps, if we're going to throw away the United Kingdom, we should return to the Saxon Heptarchy?

In these ere parts it was the Kingdoms of Sussex, Wessex and Kent.

Chichester could be the new capital of what was once South Sax.

I jest of course.

With events building to next week's referendum, a mate and I ate at Sainsbury's in Rustington.

It was one of those ridiculous days where I'd only had time to knock back a chocolate Complan.

Or that was my excuse.

So, sausages and mash, veggie in my case, with peas, at 6pm in the empty cafe tasted like nectar from the gods.

And all for a fiver.

As the cafe was closing I asked where all the lovely cakes, including my favourite slices of Victoria sponge were heading.

"Are they going to be thrown out?" I asked the chef. "In which case, would you like to throw them in my direction?"

"Only the doughnuts" came the reply, "But they go to an energy centre."

So next time you forget to switch a light off, remember, it's a lot of dough.

As tumultuous events are building, some of us, it seems, are lucky to be alive.

A letter arrived today with a red warning almost flashing on the envelope.

Risk of Fire!!

Turns out the six year old dishwasher may have a dangerous part that could be a fire hazard and that we shouldn't leave it on unattended.

I appreciate Hotpoint's after sales care.

They're sending an engineer round to replace the component but how many conflagrations might there have been in the six years since I bought it?

And finally,

What else could any weekly column close with except the Scottish referendum? It's Britain, Jim, but not as we know it. Is that what we'll be saying next week?

I hope not.

Britain predated South Sax, predated the Romans.

I hope our Scottish friends recognise the huge risk they're being asked to take on by the SNP without any factual clarity.

That they see past all the jingoism and say no to nationalism and yes to the UK and Britain.

Contact Allis: allis.moss@chichesterherald.co.uk

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Photo of the week

#Chichesterphoto

kayleigh hart @kayleighbunny

Evening at Dell Quay with @HayleyLawrance @jllysunshine #sunset #chichester

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University up for top industry gong

TUTORS from the University of Chichester are in the running for a national award after being named among the best in the country by their students.

The institution, on College Lane, has been shortlisted for most improved student experience at a competition led by the Times Higher Education magazine.

It follows a recent poll from government body the National Student Survey which showed those learning at Chichester were among the happiest in the south of England.

University Deputy Vice-Chancellor Dr Sarah Gilroy said: "To be shortlisted for this award is great recognition for the sustained hard work, academic and professional colleagues have put in to ensure our students have an outstanding experience.

"We have always ranked very highly in the National Student Survey however, this year nearly nine out of ten undergraduates were overall satisfied with their course, which is an incredible achievement."

The awards ceremony is held each November by the national magazine, which part of the Times newspaper franchise to showcase the successes of institutions throughout the UK.

Chichester's results in the National Student Survey, which quizzed nearly 1,000 final year undergraduates about their experience at the university, saw the percentage of satisfied students rise from 85 to 89 – pushing it into the top six in the UK.

Vice-Chancellor Professor Clive Behagg said: "Student satisfaction is more important now than ever before, and the new fees mean that students are rightly concerned about value for money.

"A combination of excellent teaching and wonderful support by our staff gives students a real sense of belonging that helps them to exceed their own expectations."

As part of the awards, which will be held at London's famed Grosvenor House Hotel, Chichester will be pitted against five other universities from across the UK in front of more than 1,000 senior education politicians and academics.

If chosen, the institution will receive a unique trophy as well as a number of certificates in recognition of their achievement.

To find out more about student experience at the University of Chichester, including its results in the recent National Student Survey, visit www.chi.ac.uk/about-us.

Alternatively for more on the Times Higher Education awards go to www.the-awards.co.uk.

Three more academies join Trust

THREE MORE SCHOOLS become academies this month as members of the University of Chichester Academy Trust (CAT), including two in the West Sussex local authority area and a brand new school in Hampshire.

Fernhurst Primary School at the centre of the village of Fernhurst near Haslemere is an expanding school under the headship of Mr Gary Parkes. A newly-completed extension has added two further classrooms allowing Fernhurst to accept children into seven separate year groups from Reception to Year 6.

Kingsham Primary School is the University's first academy to open in Chichester. A well established local school set in extensive school grounds in the Whyke area of the city, Kingsham looks forward to welcoming Miss Jane McDowell as Interim Headteacher in mid-September.

CAT's third new academy, Berewood Primary School in Waterlooville, is a brand new school built to serve the new community of Berewood. Led by Mrs Sue Patrick, previously Headteacher of the outstanding Jessie Younghusband School in Chichester, Berewood Primary School opens with 60 pupils across all year groups from Reception to Year 6. In time, the school will grow to provide 420 places to meet the needs of local families.

The University of Chichester was approved as an Academy Sponsor by the Office of the Schools Commissioner in the summer of 2012, and CAT now has six academies open in the region. Chief Executive Officer and Director of Academies for CAT, Dr Alan McMurdo, said, "The University has a long history of working in partnership with schools and substantial expertise and resources that can support school improvement. We welcome the opportunity to collaborate even more closely with teaching colleagues to increase educational opportunities for children in our region."

The Flying Bull Academy in Portsmouth, secondary school Mill Chase Academy in Bordon, and Frogmore Junior School on the north Hampshire-Surrey border, are also members of the University of Chichester Academy Trust. Further information about CAT and its work with schools can be found on its website at www.uniCAT.org.uk.

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National News

News in Brief

• A 26-year-old woman has been arrested after a five-month-old baby girl died in south London. The woman was arrested on suspicion of neglect at a house in Glastonbury Road in Morden at about 0715 BST. London Ambulance went to the property after receiving reports of an unresponsive baby. The paramedics found the baby in cardiac arrest. She was taken to St Heller Hospital in Carshalton, Surrey, but later died.

• A Wigan councillor has refused to stand down after being accused of sexism towards female council staff – but apologised to women he has offended. Robert Bleakley denies claims he has a 'problem with women', which were made by Wigan Council's chief executive after a probe into his conduct. Donna Hall made the statement after he used his council mobile phone to call sex chat lines and send explicit and derogatory text messages.

• A mother has been charged with manslaughter and child cruelty after the death of her two-year-old son from methadone poisoning. Fenton Hogan was found collapsed at his home in Cotswold Close, Frankley, and died in July last year.

• A Leeds music venue that hosted gigs by artists such as Amy Winehouse, Kaiser Chiefs and the White Stripes has announced it has closed for good. The Cockpit opened in 1994 and was closed for "essential maintenance" in July but has now revealed its permanent demise.

• Nearly 250 children are "at risk" of being sexually exploited across Greater Manchester. Figures show that out of 240 children being dealt with by local councils, 111 were deemed to be at high risk of being sexually exploited. Rochdale Council had the highest number of children at risk, but said tackling sexual exploitation was one of its top priorities.

• Teachers have had to order pizza or buy sandwiches when a school meal contractor has failed to provide food. Infant pupils in the east of Dorset were supposed to receive a hot meal from private firm Chartwells under new legislation from the start of term. But many meals have been late or incomplete because the company has faced difficulties after a fire near one of its kitchens.

Star Wars surprise: Millennium Falcon and X-Wing pictured

A MAN who was taking publicity shots for a flying school returned home to find he had captured images of spacecraft from the new Star Wars film.

Matthew Myatt originally thought his pictures of the Millennium Falcon and an X-Wing fighter were experimental aircraft at Greenham Common, Berkshire.

He said: 'It wasn't too clear until I viewed the picture and then realised what it was. I grew up with Star Wars so I started jumping around.'

Episode VII is being filmed in the UK.

The images sparked excitement among Star Wars fans on the internet.

The picture, taken above Greenham Common, a former RAF airbase, appears to show a partly-built Millennium Falcon, Han Solo's beloved spaceship.

Also visible is an X-Wing fighter, although it is mostly covered from view.

Mr Myatt, who works at Airbourne Aviation flying club as a simulations engineer, was photographing one plane from another during a flight from the school's base at Popham Airfield, Micheldever, in Hampshire.

He said: "I didn't know it was there, and we flew down and did some orbits. It was based around the old cruise missile silo.

"It wasn't until I got back last night and started going through the images that it just jumped out at me.

"I was quite stunned. It was like, 'wow'. That's how the picture came about, purely by luck.

"I had to go and grab my son who's a big Star Wars fan and get him to come and look at the picture and pinch me and make sure I'd seen what I'd seen.

"It was one of those unbelievable moments."

Disney, which owns Lucasfilm, the company behind the Star Wars films, declined to comment on the pictures.

Jordan Farley, writer for SFX magazine, said the airbase was a possible filming location "because it's a big open space and they're going to need a lot of space".

And the Falcon's 'half' appearance can be put down to modern filming techniques, he explained.

"They may be planning to shoot from one side and have a practical model, and extend it with computer graphics, because it's incredibly expensive to build a prop of this size."

As well as filming at Pinewood Studios since May, parts of Episode VII have also been shot in Abu Dhabi and on Skellig Michael, Ireland.

The film will see the return of the three principal characters from the original trilogy – Luke Skywalker (Mark Hamill), Princess Leia (Carrie Fisher) and Han Solo (Harrison Ford).

Ford broke his leg on set in June while filming a scene involving a door on the Falcon, causing a delay in shooting.

The movie is due in cinemas in December 2015.

Newcastle University student admits making explosive

A RUSSIAN STUDENT has admitted making an explosive substance after bomb alerts led to buildings being evacuated in Newcastle city centre.

Vladimir Aust, 18, was arrested in London after the evacuation in June of a bus station and a language school at Newcastle University, where he studied.

A controlled explosion was carried out on a recovered substance.

Aust of Haymarket Lane, Newcastle, who appeared in court via videolink, will be sentenced next month.

The charge related to making hexamethylene triperoxide diamine (HMTD) – often used in the mining industry – at some point between 1 September 2013 and 11 June 2014, Newcastle Crown Court heard.

A charge of carrying two knives near the Russian embassy in London was dropped by the prosecution.

Aust was initially arrested under anti-terrorism provisions, but the court was told those no longer applied.

The two separate alerts in June caused disruption in Newcastle city centre, with the bus station and part of the university being evacuated.

Bomb disposal officers used a robot to search the university's INTO language building.

A second 18-year-old Russian student, also arrested in connection with the alerts, remains on police bail pending further inquiries.

Newcastle University caters for more than 22,000 UK and international students and has 1,200 academic staff.

Police 'not serious over threats'

THE FAMILY of a schoolgirl viciously stabbed to death by her ex-boyfriend have told her inquest the police did not take seriously the threats he had made to kill and assault her.

Arsema Dawit, 15, was stabbed 60 times by Thomas Nuguse at Waterloo, central London, in 2008.

Her inquest at Southwark Crown Court heard this was six weeks after her family reported him to police.

They had tried to report him for making threats and slapping her.

In that incident at McDonald's, Nuguse hit Arsema on her face, leaving her with a black eye.

Her mother and cousin told her inquest when they tried to report that incident, Gillian Johnson, the receptionist at London's Kennington police station, left them feeling that nothing would be done without more proof.

Chichester Business

Turning Over A New Leaf

It's Friday afternoon. You've had a wonderful summer, perhaps a holiday with the family relaxing and doing everything you wanted to do. But as the afternoon progresses a feeling of anxiety slowly sets in. You can already feel your post-holiday excitement beginning to fade as you anticipate the madness you know the start of next week and routine will bring. Saying goodbye to the summer and hello to days spent working whilst it's light outside, creates a little anxiety in us all I'm sure.

If this is how you feel when you return to work or study after the summer holidays, you're not alone. For many, the transition from summer in to autumn is often filled with concern and disorientation. Especially true if your work days are very demanding and your environment fast-paced. However, there are a number of ways to make the transition from summer, a little less harsh!

Ease back into it! Be mindful of how you schedule your first few days back. Just try to get through the tasks in hand, talk to your colleagues to find out what's new and then progressively go through your priorities. Work thoughtfully and by the end of the week, you'll feel caught up and less stressed.

Post holiday reminders: If you travelled during the summer, why not bring a memento to work that you can place on your desk? A photograph, picture frame or ornament can help create a more harmonious work environment by giving you something to look at when you're feeling stressed and bring you back to a calmer state of mind. This simple action has been shown to relieve work pressure. Just make sure your souvenir is appropriate for the office.

Focus on the positive: Thinking about the friends you have and other reasons you enjoy your job will help make coming back to work a breeze. Studies show your mental health and state of mind can have a significant effect on your work life. Those who have a positive and optimistic attitude deal with fewer work related problems, are more energetic and generally feel more peaceful and calm.

Schedule your next holiday! While it may seem far away, research shows that having your next holiday planned can give you something to look forward to. It helps you feel better about being back at work and if you're planning on taking a trip, it may motivate you to start saving for that next relaxing and exciting getaway.

People experience 'back to routine' blues no matter how long or short their time away has been, even after a weekend! If these feelings of anxiety or apprehension don't go away or worsen, it could be a sign of a more serious problem—one you shouldn't ignore. If this happens to you, it may be helpful to speak with a manager, supervisor or even a professional for additional support and resources that can help you pinpoint the root of the matter. For most though, a little time, planning and a few positive steps can help you reflect on the highlights of your summer, without losing sight of all the great things you're involved in the here and now.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e Kylee@MindeeyeManagement.Com @MindeeyeMgmt

Delivering for a good cause

ROYAL MAIL GROUP has announced the Stroke Association as its new charity partner for the next two years. The Stroke Association was chosen to be Royal Mail Group's new Charity of the Year after employees selected the charity in a staff vote.

The company aims to raise at least £2 million for the Stroke Association over the next two years. Funds raised will help the charity provide Life After Stroke grants of up to £300 to help 10,000 stroke survivors. The partnership will also seek to raise awareness of the condition, as well as steps people can take to reduce their stroke risk.

There are around 152,000 strokes in the UK every year and it is the leading cause of severe adult disability. There are over 1.2 million people in the UK living with the effects of stroke.

Royal Mail Group's Chief Executive Officer, Moya Greene, said: "We are delighted to be partnering with Stroke Association and supporting their valuable work. Our colleagues voted for the charity in their thousands and we look forward to working closely together over the next two years. We hope our support will make a real difference to Stroke Association's work and overall aim to conquer stroke."

Herald Recruitment

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising solution across the City with a newspaper readership of 63,000.

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Oceanair to sponsor blind match racing sailor at IFDS World Championships

Liam Cattermole

SELSEY BASED OCEANAIR is proud to be sponsoring Liam Cattermole who will be racing at the World Blind Match Racing Championships held by the International Association for Disabled Sailing on Lake Michigan, Wisconsin USA from 9 – 14 September. Liam and his team will be racing in Sonar keelboats with Vicki Sheen helming, Liam trimming the mainsail and Lucy Hodges looking after the jib and front of the boat.

The match race format is a round robin competition in which two teams race head to head. The course is equipped with the Hornerus Autonomous Sailing Buoys with a unique sound signal marking either end of the start / finish line and the windward mark. Each boat also has a different sound signal which changes depending on which tack the boat is on. Each team is made up of a crew of three visually impaired sailors. The helms are completely blind, whereas the two other members of crew can have some limited useful sight. On Liam's boat all are registered blind, but Lucy and Liam have some limited vision.

The whole team at Oceanair are proud to be supporting Liam and wishes him and his team all the best for the Championships, and will be closely following how they get on. All details about the event, including results, can be found at www.sailing.org/ifds.php

Selsey entrepreneur selected to give UK SMEs the inside story

Founder and Managing Director of Checkatrade.com Kevin Byrne

A SELSEY entrepreneur has been selected to contribute to a new free online resource which has been launched to offer support and guidance to growing UK businesses.

The Inside Track has been developed by Daisy Group plc, to cater for the growing demand from the business community for cross-industry information and guidance, and in line with the CBI's (Confederation of British Industry) commitment to drive business growth.

The online platform features a range of business-centric articles, including one from Founder and Managing Director of Checkatrade.com, Kevin Byrne.

The one-stop-shop resource incorporates helpful pointers on a range of business topics from management and leadership, to technology and communications guidance.

Other stellar guest contributors include: Patrick Gallagher, Chief Executive of CitySprint, Steve Smith, founder of the multi million pound retail chain, Poundland, and Zoe Jackson, London ambassador for Sir Richard Branson's 'Start Up Loans' scheme and Founder of Living the Dream.

Blog articles have also been submitted by people from key industry associations including the British Franchising Association and the Chartered Institute of Personal Development.

Daisy is also working with its own customers to share best business practice and suggestions through The Inside Track.

Daisy Group's Marketing Director, Kate O'Brien said: "Small and medium-sized businesses are critical to the UK's economic growth, and research has shown that the more clued up' businesses are, particularly during the first few years of trading, the more likely they are to thrive and grow.

"Daisy has an incredibly broad client base so we are in a perfect position to help businesses get to grips with the issues that can affect them, whether that relates to communications, IT or business management.

"The CBI shares our commitment to drive business growth so we are working together to foster a supportive and better informed business community."

Daisy has formed a close relationship with business lobbying group the CBI and supports its drive for more help to be given to businesses to support their growth into mid-sized enterprises.

John Cridland, Director-General of the CBI, said: "Medium-sized businesses have some of the most potential to grow and create new jobs but to achieve that growth they often face new challenges, including around technology, financing, and exporting. These firms are time-pressed and don't always have the resources to go to consultants, so Daisy's business support hub will be a valuable platform where they can learn from the experiences of fellow business people."

Timber Merchants' Team 'Braces' For Race

Image shows four members of the Covers team, from left to right Rupert Green (Chairman), Jamie Irish, Sam Cole and Henry Green (Managing Director)

COVERS TIMBER AND BUILDERS MERCHANTS with a depot on the Quarry Lane Estate, Chichester, are not only sponsoring the Chichester Half Marathon in aid of Children on the Edge, but they are entering a team for the event too.

The Chi Half, now in its third year following its 2012 revival follows a route taking in some of Chichester's beautiful and historic sites including the Cathedral and the city walls, before leaving the city behind for the open spaces of the glorious South Downs. A steep ascent to the Trundle, (an Iron Age fortification) will give the runners outstanding views over Chichester Harbour and the Sussex Coast before the descent through West Dean woods and finally back to the city. This year it's expected that over 1000 runners will take part.

The race has supported Children on the Edge since its revival and the international charity has its base in Chichester. Its aim is to 'bring forgotten children from the edge to the centre' and focuses on forgotten and fragmented communities not reached by the aid agencies.

Covers' Chairman Rupert Green and Managing Director Henry Green have persuaded their staff to don their trainers in aid of this very worthwhile cause and they are leading from the front by taking part themselves. Other members of the Covers team are Sam Cole, Jamie Irish, Simon Vyvyan and Phil Clare from the Chichester depot.

Every participant in the race will receive a goodie bag at the finish line which will be provided by Covers.

Chairman Rupert Green said: "We are very proud to be supporting Children on the Edge and especially by entering a team from Covers. We are taking our commitment to it very seriously and the training programme is well under way!"

Covers Timber Merchants and Builders Merchants have been in operation for over 160 years and have a chain of depots throughout the South Coast of England, open to the trade and to the public. They are specialist timber and builders merchants, but also supply a wide range of products and services for both the building trade and for home DIY.

SCT named as one of the UK's best places to work

SUSSEX COMMUNITY NHS TRUST (SCT) has been ranked by the *Health Service Journal (HSJ)* amongst the best places to work in the NHS in England.

The trust is included in a list of the top 100 health and care employers across the acute, community, mental health and clinical commissioning sectors.

The HSJ compiled its Best Places to Work list in partnership with NHS Employers and the independent Best Companies Group. It's described as an annual celebration of the UK's elite public sector healthcare employers.

To select the top 100, HSJ and Best Companies Group used feedback from the annual NHS staff survey with a particular focus across seven core areas:

- Leadership and planning
- Culture and communications
- Work environment
- Relationship with supervisor
- Training and development
- Employee engagement and satisfaction

SCT is additionally praised in the Best Place to Work report for the quality of staff supervision – a key to good quality clinical care – and for staff development and training opportunities. Its annual leadership conference and quarterly leadership exchange events are highlighted as examples of positive engagement.

SCT's chief executive Paula Head said: "We are proud to be included in this list of the UK's top 100 healthcare employers.

"Our success reflects the views of nearly 2,000 of our committed and compassionate staff in last year's confidential annual staff survey.

"We've been pleased over recent years to see distinct improvement in our staff survey results, particularly in areas such as staff engagement and satisfaction, the percentage of staff saying they would recommend the trust as a place to work or receive treatment and how far they feel staff saying they feel able to make suggestions and improvements at work.

"This recognition also builds upon our commitment as the first NHS organisation in Sussex to adopt the Living Wage and via the work of our Healthier Workforce group to promote the health and wellbeing of our staff."

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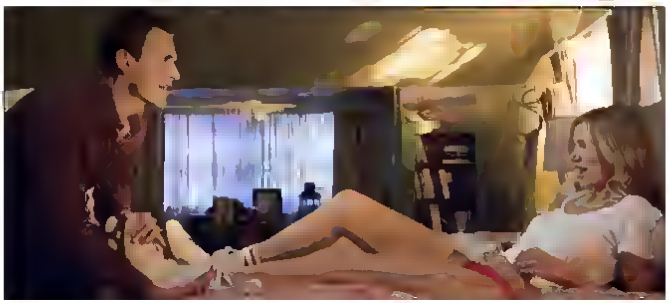
Now showing at Cineworld Chichester

Cinema Review: Sex Tape



Sex Tape (15)
Running time 94 mins
Director: Jake Kasdan
Starring: Jason Segel, Rob Corddry, Ellie Kemper, Rob Lowe, Cameron Diaz

Cameron Diaz and Jason Segel try to prevent an embarrassing video going viral in this raunchy comedy!

After ten years of marriage and two kids, Jay (Jason Segel) and Annie (Cameron Diaz) are in a relationship rut. To spice things up a little, the couple hit on a plan. They decide to have a kinky three-hour nookie session and record the whole thing on video. Job done, Jay erases the recording. At least, that what he thinks he's done. In fact, he's uploaded it to the Cloud, where it can be viewed by all their friends and family! The horrible truth dawns when they start receiving compliments about their performance. With the video just one click away from hitting the internet, the couple embark on a madcap race against time to prevent their intimate secrets becoming public knowledge. The stars and director of 'Bad Teacher' reunite for this deliciously risque comedy.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Jason Segel played Marshall Eriksen in which popular American sitcom**

A FRASIER

B HOW I MET YOUR MOTHER

C FRIENDS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random Closing time is Tuesday 16th September 2014 at midday. The winner will be notified later on that day. Last weeks winner was Lucinda Jeffs from Chichester. Chichester Herald competition terms and conditions apply.

cineworld **Cineworld Chichester**
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Rosemary's classes dance into Chichester

THE ROSEMARY BELL ACADEMY OF DANCE has launched a new branch of the Academy, being held at Central School in Chichester.

The classes will be held on a Tuesday to include classical ballet classes for children aged 3+ and an evening Pilates class for adults.

Classes will run from 3.45pm during term time.

The schedule can be found on their website www.rbadance.co.uk.

The Rosemary Bell Academy of Dance is a ballet school in Chichester and Westergate that is structured around the ballet syllabus devised by The Royal Academy of Dance. The Academy offers ballet classes to children and young adults from ages 2 and half to adults.

At the academy they aim to provide ballet classes for children that are richly educational but also fun and energetic. Ballet classes can enrich a young person's life and enhance development by instilling confidence, discipline and dedication. All skills learned by a young person can carry through to adult life or towards a professional career in dance. At the Academy they encourage committed study, achievement and high standards through examinations which can be taken by children all over the world.

By choosing a Royal Academy of Dance registered teacher you are choosing a highly qualified individual dedicated in continual development and training. All ballet teachers have a full and current Criminal Record Check and public liability insurance to protect the children in their care.

Rosemary trained at The Royal Academy of Dance in London on the ballet education degree program attaining a degree in Dance Education and went on to complete her advanced Pilates instructor qualifications in 2010.

The Academy has been running for 5 years with a 100% successful exam pass rate with merit or distinction and performances within the community and within the school are an essential part of their identity. The high level of training offered within the school has also enabled one of the students to be accepted in to The English National Youth Company for the second year running. Students also trained during Miss Bell's teaching career have been accepted into the prestigious Royal Ballet associate program.

Contact the academy to arrange your child's free trial in one of their three local venues to begin your child's journey in classical ballet. Tel: 01243 528492 or email info@rbadance.co.uk

New classes have started in Chichester by The Rosemary Bell Academy of Dance

What's On in your local area...

• Dreams Come True Charity Dinner at Brasserie Blanc Chichester, Sunday, 21 September raising funds for terminally and seriously ill children between the ages of 2 and 21. Tickets £30 per person for 3 course dinner (meat, fish or vegetarian), glass of house wine and filter coffee. Bottle of champagne for lucky ticket holder and raffle. 50% of ticket price going to the charity. For tickets telephone 01428 726335 or email wendy@dreamscometrue.uk.com

• University of Chichester students are in for a theatrical roller coaster ride on Friday 17 October as My Name is Bill: An Afternoon with an Alcoholic comes to The ShowRoom for two performances at 3pm and 7pm. With a raft of 5-star awards at the Edinburgh Fringe, the gutsy solo drama centres on Wall Street banking millionaire Bill Wilson – who descended into the depths of destructive alcoholism and later founded Alcoholics Anonymous, the most successful recovery program for addicts and alcoholics. Admission is free and the public is also invited. For further details about how the play is used in universities and schools, and to see a video taster, please visit www.mynamesbill.co.uk.

• **Spotlight Theatre School & Chichester CDT Presents** Dance & Drama sessions at special price of £3.50 & 5-7pm. 8 September at Graylingwell Chapel. 6-16yrs. Sign up for the new term now! Phone 01256 305420 email jan@chichestercdt.org.uk

• Following a hugely successful debut in 2013, Valley Challenge 2014 promises to be even bigger and better. The eight mile run, which takes in the three peaks of the Lavant Valley near Chichester, uses the tracks and trails of the glorious Goodwood Estate and covers some of the most stunning countryside in the South Downs National Park. The Valley Challenge is organised by local fitness company and hosts of the ever popular Valley Bootcamp, Milestone Fitness, to raise funds for Singleton Playschool. This year's race takes place on Saturday 20 September, starting at 10am at East Dean Village Hall. The village hall serves as Race HQ and offers homemade cakes and other refreshments, registration, bag drop and a massage station. All finishers will receive a beautifully handcrafted and unique wooden medal from Wests of East Dean and a bag of goodies to say thank you. The race is a challenge but suitable for runners of all abilities aged 17 upwards. For further information or an entry form please visit www.milestone-fitness.co.uk/valleychallenge. If you don't fancy running but would like to support us, we always welcome volunteers to help marshal the race on the day. If you are able to help, please contact Rachel at rachel@rachelcoates.com.

• Chichester Art Society's popular workshops are back again this autumn at Bassil Shippam Centre, Tozer Way, St Pancras (parking and easy access). September 9th sees the return of the popular Figures & Faces Workshops. Portrait Study alternates with Life Study on Tuesday afternoons 1.30-4.30pm. These workshops are overseen by award-winning local artist Lucie Cookson and run until November 25th (six of each). Work in your preferred medium. Cost to non members is £11 or £10 if three or more sessions are booked in advance (Tea/coffee included). On Thursday September 11th 10am-4pm guest artist Graham Cox tutors a workshop for enthusiasts of soft pastels. Moody Views in Pastel. Cost to non members is £40 and includes all materials and tea/coffee through the day. For more information and to book places, contact the Secretary on 01243 602360 or email jean.campbell@zen.co.uk. Get in quick!

• Great Ballard School Charity Fun Day – 20th September 2014 10.30am to 3pm. Sports Competitions, Treasure Hunts, Forest School Events and more. Come along for some great fun plus SpiritFM Live! Help two great charities: Enable Me raising disability awareness and PAWS Animal Sanctuary – saving over 650 abandoned animals every year. Be dazzled by Enable Me's Wheelchair hockey! PAWS has some surprise guests with interesting prizes. Hands-on frenzied cooking, and voting for the popular "Ready, Steady COOK".

• Concorde is a social club which provides friendship and companionship for single people.

It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604725.

If you would like us to publish details of your charity event, please send details of no more than 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and we cannot be held responsible for any changes occurring after publication.

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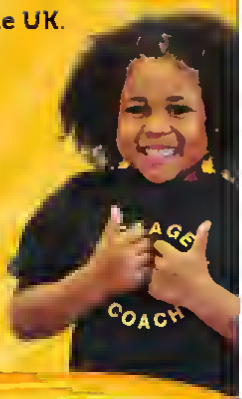

Theatre Arts Schools Stagecoach

Food & Drink

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More women are drink driving says study

WOMEN are drinking and driving in increasing numbers, a survey revealed this week.

The report said the proportion of drink drive convictions handed out to women doubled in the past 15 years.

Part of the problem is that 55 per cent of women said they had no idea what the legal drink drive limit is.

However, one in six women did admit to having driven while legally drunk over the past year, suggesting that about 2.6million women are knowingly driving while under the influence.

In 1998 women accounted for 9 per cent of drink drive convictions but by 2012 this had risen to 17 per cent.

The number of women convicted rose from 8,380 to 9,580 – an increase of 14 per cent. This is mainly due to the fact that more woman are driving.

Though men are still far more likely to be caught drink driving, the number of male convictions fell dramatically in the same period, from 84,730 to 45,477 – a drop of 46 per cent.

The study for Direct Line Car Insurance and Rees Jeffreys Road Fund found that, per mile driven, women aged 30 are more likely than men to get behind the wheel while over the limit.

Among women who admitted to drink driving the majority – 59 per cent – said they felt "physically OK" to drive.

One in three thought it would be acceptable as long as they drove carefully and 17 per cent cited "family emergencies" as the reason.

Steve Maddock of Direct Line Group said "The issue of women and drink driving is rarely addressed, but when we look at the figures, we can see that this is a real issue.

"Part of the problem is a lack of awareness and confusion as to what constitutes drink driving and the misguided belief that in some circumstances, driving while over the limit can be justified."

Sugar 'not addictive' says Edinburgh University study

PEOPLE can become addicted to eating for its own sake but not to consuming specific foods such as those high in sugar or fat, new research suggests.

Edinburgh University scientists found no strong evidence for people being addicted to the chemical substances in certain foods.

They found the brain does not respond to nutrients in the same way as it does to addictive drugs such as cocaine.

However, people can develop a psychological compulsion to eat.

This is driven by the positive feelings that the brain associates with eating, the researchers said.

The study, which examined the scientific evidence for food addiction as a substance-based addiction, is published in Neuroscience and Biobehavioral Reviews.

The scientists said it was a behavioural disorder and could be categorised alongside conditions such as a gambling addiction.

They suggested tackling the problem of obesity should be moved away from food itself and instead focussed on the individual's relationship with eating.

The researchers also said the current classification of mental disorders, which does not permit a formal diagnosis of eating addiction, could be redrawn.

However, more research would be needed to define a diagnosis, the scientists said.

The work was carried at the Universities of Edinburgh, Aberdeen, Gothenburg, Essen, Utrecht and Santiago de Compostela.

The researchers are involved in the NeuroFAST consortium, which is an EU-funded project studying the neurobiology of eating behaviour, addiction and stress.

Dr John Menzies, research fellow in Edinburgh University's centre for integrative physiology, said: "People try to find rational explanations for being overweight and it is easy to blame food.

"Certain individuals do have an addictive-like relationship with particular foods and they can over-eat despite knowing the risks to their health.

"More avenues for treatment may open up if we think about this condition as a behavioural addiction rather than a substance-based addiction."

Prof Suzanne Dickson, of Gothenburg University and co-ordinator of the NeuroFAST project, said: "There has been a major debate over whether sugar is addictive.

There is currently very little evidence to support the idea that any ingredient, food item, additive or combination of ingredients has addictive properties."

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Two bachelors, the dependable, John Worthing, J.P. and upper class playboy Algernon Moncrieff, feel compelled to create different identities in order to pursue two eligible ladies Cecily Cardew and Gwendolyn Fairfax. The hilarious misadventures which result from their subterfuge, their brushes with the redoubtable Lady Bracknell and the uptight Miss Prism results in a plot that twists and dazzles with some of the finest dialogue to be found in theatre.

The all star cast includes: Rosalind Ayres, Nigel Havers, Martin Jarvis, Cherie Lunghi & Sian Phillips.

Seats in the Stalls for the matinee performance.

Pick ups in Chichester, North Bersted, Bognor, Felpham & Littlehampton

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Win a meal for 2 at Murrays

M

Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible]

The Chichester Herald will be running [illegible] competition sponsored by Murrays [illegible] every week where you have to guess [illegible]

For your chance to win this amazing [illegible] please answer the following photo cue:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **news@theshiphotel.net**

North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 17 September 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry data is may be kept on file. Last week's answer was: Chichester Golf Club

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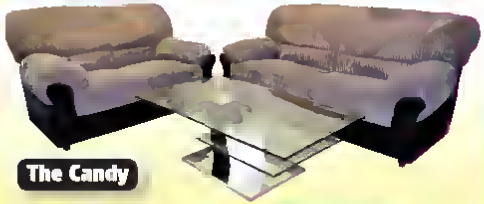

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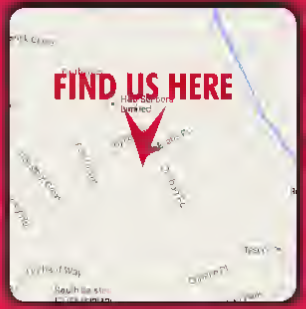

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How hot do you like it?

It's a modern test of manliness that takes place in curry houses up and down the country every Saturday night! So, how hot do you like yours?

Apparently, we Brits can't get enough of the hot stuff, and the hotter the better. The Cinnamon Club restaurant in London recently made a record attempt with a curry called the Bollywood Burner, which it claimed was the world's hottest curry. They made anyone who wanted to try it sign a 'no comeback if damaged', disclosure!

Denise Kelly

Naturopath c
and Therap st

The restaurant wasn't wrong to fear for the safety of its customers, as chillies are not without their dangers. A few months back, a 33-year-old chef died after eating a super hot chilli sauce that he had made with chillies grown in his father's allotment. This is an extreme case, but what really happens to our body's when we eat something hot?

As the body defends itself against the heat of a hot chilli it releases endorphins, which are the body's natural painkillers, which leaves you with a "high", explaining why there are quite so many lovers of painfully hot chillies and spices in the world. Although eating too many very hot chillies in one go isn't good for you, chillies do have health benefits. They are good for a stuffed up nose, as capsaicin thins nasal mucus and clears your sinuses. Capsaicin has been extracted from chillies to manufacture topical pain relief creams for arthritis and shingles and it is also the active ingredient in a new anesthetic developed by scientists at Harvard Medical School. Amazingly this can block pain without affecting movement, touch or mental awareness, as other strong painkillers do.

The heat of a chilli isn't only dependent on the variety of the fruit, other factors affect how much of a kick each chilli has, meaning that cooking with chillies can be a bit of a lottery. One might be relatively mild but the next one, even of the same variety, might blow your head off.

The quantity of the capsaicin also depends on the age of the fruit. The older it is, the hotter it will be. The other thing that makes a difference is the temperature it's grown in. If it's grown in hot conditions then the chilli will be hotter than if it's grown in a cooler atmosphere.

So, with this particular health enhancing food, moderation is probably the best idea.

What is the hottest part of a chilli?

Contrary to popular opinion it is not the seeds that are the hottest part of a chilli but the white pith that surrounds them and runs in thick veins through the pod. Fresh red chillies are two to three times hotter than green fruit and dried pods are between two and ten hotter than fresh pods. When cooking, remember the golden rule: you can add but you can't take away!

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her: www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730671436

Stress and anxiety relief

CAN YOU imagine your life without stress? Any kind of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief and is becoming increasingly popular.

Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find reprieve from physical symptoms such as tense muscles, muscular pains and high blood pressure which will allow you to feel refreshed and energised.

More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day to-day stresses of life more effectively.

A patient under Dr Feng Wang's treatment

Dr Feng Wang and Suzie Wang

Alternatively, acupressure/ Chinese massage can be applied to people who have a fear of needles. However, acupressure (massage) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat one condition can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/ acupressure is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily basis, thereby combining them to help you enjoy a happier and healthier life.

Dr Feng Wang is an associate of the ATCM and has been practising his profession for over 20 years. He has been volunteering at CancerWise in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester city centre.

Harmony Acutherapy Clinic, 4 The Chambers, 28 Chapel Street, Chichester, PO19 1DL. Call 01243 537800 www harmonyacupunctureclinic.co.uk

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Nuffield Health Hospital & Fitness Centre are joining forces in support of Macmillan by bring you a morning of coffee, cakes and fun!

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For more details contact:

- 01243 788678
- nuffieldhealth.com/hospitals/chichester
- chichesterenquiries@nuffieldhealth.com

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Apple reveals its first smart watch: Apple Watch

NAMED THE APPLE WATCH, the smart watch is built from custom blended alloys of stainless steel, aluminum, as well as 18-karat gold. It is the first new product category to come from the company in four years, since the launch of its iPad. "It's driven Apple from the beginning. This compulsion to take incredibly powerful technology, and make it accessible, relevant, and ultimately, personal," added Jony Ive, senior designer for Apple watch during his video presentation.

The Californian tech company, best known for its innovate and stylish products, wanted to make sure that its new wearable was both aesthically pleasing as well as ground breaking. "We thought of not only the function, but what it looks like," said Cook. Apple Watch, which at first glance bears resemblance to the iconic iPhone. The sleek smart watch comes in two different sizes and is divided into three separate categories, Apple Watch, Apple Watch Sport and Apple Watch Edition.

Each smart watch category comes with a series of different wristbands to choose from, ranging a number of materials such as silicon, leather and stainless steel in a variety of colours, highlighting its fashionable appeal. Its watch face can also be customized to suit its users taste, as can its appearance and its functions using the innovate digital crown. "Apple Watch is a completely singular object, offering unparalleled levels of technology which embraces individuality and inspires desires," said Ive.

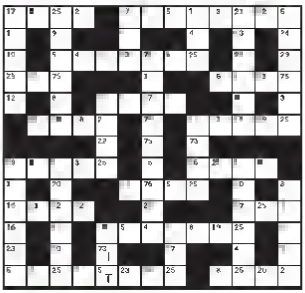
The new smartwatch is offers users a innovate way to communicate from their wrists, allowing for smart replies and lets users share their heart beat and customized emojicons with other Apple Watch users, a first in the smart watch field. Apple Watch also comes with two apps that offer a complete over view of its users health and fitness. Its activity app monitors movement throughout the day, whilst its workout app tracks dedicated workouts.

However, unlike a number of smart watches on the market, the Apple Watch is only functional with an iPhone 5, 5s, 5c, 6 or 6 plus. Nevertheless, Cook is sure that "people are going to love to use the Apple Watch." The smart watch will retail for 349 dollars and will be available in stores as early as next year, launching first in the US.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	18
3	19
4	17
5	18
T	
6	19
7	20
8	21
9	22
10	23
I	
11	24
12	25
13	26

Last week's solutions

1 W	2 Y	3 R	4 U	5 I	6 C	7 O	8 T	9 X	10 G	11 A	12 P	13 F
14 N	15 M	16 V	17 K	18 S	19 J	20 Z	21 L	22 Q	23 D	24 H	25 E	26 B

Wordsquare

I	R	S
D	B	C
N	E	I

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in -s are permitted. There is one 9 letter word to be found

How you rate...

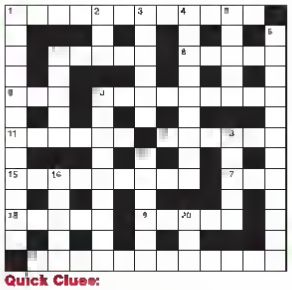
10 words - average,
15 words - good,
20 words - very good;
25 or more - excellent.

Last week's solutions

arses, acres acre arcane arcs arsey, assumable ceasure, case caser cases cane cans care, cares careas case cases cause causer causes, census, crane cranes crass cress, nurse cues cure cures cums curse curses cusk ecru nurse rave races sauce sauger sauces scan scans scar scare scares, scars

Double Crossword

Choose either quick or cryptic clues



Cryptic Clues:

Across

1. Reserve for assignment to a particular team? (3,2,3,4)
7. Such spirits help us to see better (5)
8. Hide the hundred left (5)
9. Tune keeping the lungs working? (3)
10. Grows when foaled (9)
11. Occurrences that provide openings out East (6)
12. Concludes it could be somewhat delicate (6)
15. Realise it could be a Hebrew (6)
17. They are relatively close (3)
18. From which she'll engage a girl (5)
19. Made an attempt at courting? (5)
21. Indicate attention to exhibition dividend? (4,5)

Down

1. Ordinary soldier is alive to off-duty goings-on (7,5)
2. Why the stallion was hen-pecked? (3)
3. It's nice to observe (6)
4. Gets verse about not divulging (6)
5. The rich man goes under (5)
6. Urge worker on strike to give statement for papers (5,7)
7. Regal effort makes a big difference? (6)
10. Having information about content of letter at present? (2,3,4)
13. Given a coat by the printer (6)
14. Pay attention 50 101 (6)
16. He is in general pharmacy (5)
20. What 3 sn t (3)

Quick Clues:

Across

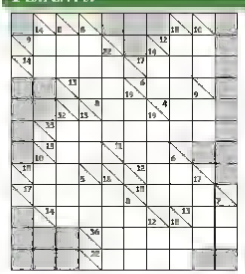
1. Lautdable (12)
7. Schedule (5)
8. Command (5)
9. Vase (3)
10. Preparation (5)
11. Fence (6)
12. Inequitable (6)
15. Indecency (6)
17. Suck (3)
18. Steam-bath (5)
19. Power (5)
21. Detective (12)

Down

1. Cinema (7-5)
2. Cry (3)
3. Speak (6)
4. Villainous (6)
5. Reject (5)
6. Questioner (12)
7. Taut (6)
10. Set apart (6)
13. Prescribe (6)
14. Fate (6)
18. Show contempt for (5)
20. Joke (3)

Last week's solutions:
CRYPTIC Across, 4 Advance, 8 Relied, 9 cstall, 10 Greedy, 11 Income, 12 Ovaries, 18 East wind, 20 Quorum, 21 Onager, 22 Ripping, 23 Sivers, 24 Redress. Down 1 Tragedy, 2 Reserve, 3 Tended, 5 Demure, 6 Antique, 7 Column, 13 Elements, 14 Singlet, 15 Address, 16 Furnace, 17 Proper, 19 Tender
QUICK Across 4 Achieve, 8 Flashy, 9 Disease, 10 Extent, 11 Nation, 12 Cerberus, 18 Dissuade, 20 Forego, 21 Divine, 22 Farmer, 23 Street, 24 Memento. Down 1 Offence, 2 Festery, 3 Chance, 5 Cleanses, 6 Impute, 7 Vision, 13 Resilient, 14 Mariner, 15 Reverse, 16 Donate, 17 Gentle, 19 Shifty

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions >
From top to bottom: Simple, Intermediate, Difficult

Simple

		3			9		1	4
7			2	8			5	
1		2					8	
4		9		7				
3	6	7	9		2	5		8
				5			3	9
	1				7			5
		5	1	9	8			2
	7		6			3	9	

Intermediate

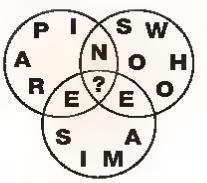
4		3		8		2		
	8			2			7	
			6		4		3	
		9	7		1	3		
3	4							1
		7	4		2	6	9	
			5		3			
	2	6	1	4			8	
		4		7		9		

Difficult

1		3			5		4	
	4	6	3		2	9		
5	6							
	2		8		4		6	
							2	1
		2	6		3	1	5	
	8		4			6		9

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions.
This letter represented by the question mark is C. Suitcase satchel rucksack all types of bag

Alphamuddle

Rearrange the letters in the grid 5 to make five words that read both across and down. Five letters have been placed to start you off

		C		
O				
				A
	V			
			N	

A

C	L	I	N	E
O	V	A	L	O
L	A	I	L	A
C	L	I	V	A
A	N	I	S	E

B

Last week's solutions:
Valid Amine Liken Inept Dents.

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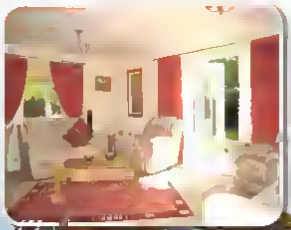

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A well presented detached house situated in a private marine estate around 200 yards from the access gate to the private beach. This easily maintained house has a lounge/dining room, a cloakroom, well fitted kitchen/breakfast room, utility room, master bedroom with en suite shower room, guest suite with en suite shower room, third bedroom/study, fourth bedroom, family bathroom, integral double garage and well screened gardens. EPC Rating: D

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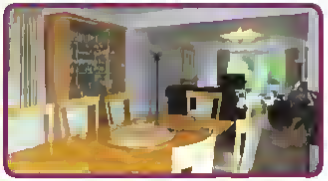
CRAIGWEIL-ON-SEA £565,000

A detached house situated on The Drive private marina estate approx. 200 yards from the beach The property is well presented and includes g f h u P.V.C d/glazing gr fl shower rm, unusual entrance hall with a seating area near 36 lounge/ dining rm study kit/breakfast rm, utility rm balcony, master bedrm with en suite shower rm three further bedrms bathrm, garage carport and good sized gardens to the front and rear EPC Rating D



CRAIGWEIL PRIVATE ESTATE £775,000

Well presented modern detached house situated in private marina estate around 200 yards from the beach Large South facing lounge spacious dining room versatile dual aspect study kit/breakfast room, utility room an unusual curved staircase and landing master bedroom with en suite bathroom and balcony three further bedrooms family bathroom detached double garage and gardens including a South facing rear EPC Rating D

ALDWICK BAY ESTATE £520,000

A three bedroom detached house situated in the Aldwick Bay private marina estate approx 200 yards from the beach The specification includes g f h u P.V.C d/glazing open plan lounge and dining room attached garden room with study area kitchen shower room bathroom separate w.c. garage gardens including a South facing rear EPC Rating D

ALDWICK BAY ESTATE £515,000

An extended detached character house situated approx 400 yards from the private beach The property has been extended and reconfigured and includes dual aspect reception area partially separated into a front sitting room with inner lounge/dining room kitchen/breakfast room utility room office/study gr fl bedroom/ recept on room en suite shower rm master bedrm with dressing area and en suite shower rm second bedrm bathroom a small garage/store room and well screened gardens. EPC Rating E

ELMER BANDS £495,000

A detached house situated in private estate approx 3 miles to the East of Bognor Regis The property was constructed in 2008 and has a ground floor shower room/utility room lounge with folding doors opening to the dining room, large conservatory, fitted kitchen/breakfast room master bedroom with en suite shower 4 further bedrooms bathroom garage and gardens EPC Rating C

ALDWICK BAY ESTATE £465,000

A detached character cottage situated in a private marina estate approx. 400 yards from the beach The specification of this picturesque property includes g f h u P.V.C d/ glazing lounge dining room rear sitting room kitchen with breakfast room shower room four bedrooms, bathroom, separate w.c. tandem garage with utility area and gardens to front and rear EPC Rating C

BOGNOR REGIS £175,000

A refurbished character cottage situated in a cul-de-sac location close to shops town centre railway station beach and promenade The property is the subject of an extensive programme of renovation including new g.f.h. u.P.V.C double glazing 26' open plan living room incorporating the kitchen, two first floor bedrooms and bathroom EPC Rating C

Motors

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Wales football boss Chris Coleman gets new Vauxhall wheels

WALES MANAGER Chris Coleman is the latest footballing addition to the Vauxhall driving family.

Coleman was presented with a brand new Vauxhall Insignia at Evans Halshaw in Cardiff last week where he announced his squad for Wales' UEFA European Championship campaign opener against Andorra.

The former Wales international will be hoping to lead his team that includes Real Madrid's Gareth Bale and Arsenal's Aaron Ramsey, to their first major finals since 1958.

Coleman, who took part in a Google+ Hangout with the four Home Nations Managers and Vauxhall recently, said "I am delighted to be driving the Vauxhall Insignia.

"I am very grateful for the support that Vauxhall has given me and the national team since I became Wales manager in 2012 and look forward to working with them in the future."

Peter Hope, Vauxhall's Marketing Director added: "We are thrilled that Chris has decided to drive a Vauxhall Insignia.

"We're three years into our partnership with the Wales team and the relationship continues to grow.

"We are looking forward to Euro 2016 and giving our support as Wales begin their journey on the road to France.

"We would also like to thank Chris for his excellent support, as well as his players, coaching staff and everyone connected with the Wales Team."

Coleman's new Vauxhall wheels are an Insignia Sports Tourer 2.0 CDTi (163PS) in Tech Line trim. This extremely well-equipped model gets lots of handy kit as standard, including a Navi 900 IntelliLink sat nav system with touch-screen and touch-pad control, 17-inch 7-spoke alloy wheels, an automatic lighting control with tunnel detection and rain-sensitive windscreen wipers.

Vauxhall is proud sponsor of the England, Northern Ireland, Scotland and Wales national football associations.

For more information go to www.vauxhallfootball.co.uk

New car sales pass 1.5 million units in 2014

THE NUMBER of new cars sold in the UK so far in 2014 has passed 1.5 million – a rise of over ten per cent on 2013. The rise means the industry has posted its 30th month of consecutive growth.

One of the quietest months in the automotive calendar, typically accounting for just three per cent of annual sales, a total of 72,163 new cars were registered in the UK in August. That's up by almost ten per cent on last year.

September's new car sales figures are expected to continue the current trend, buoyed by the recent number plate change, and should account for around 18 per cent of the year's total registrations.

Despite the success of the new car market, the Society of Motor Manufacturers and Traders, which compiles the data, says it expects the market to level out towards the end of the year.

SMMT chief executive Mike Hawes said: "New car registrations reached two-and-a-half years of consecutive monthly growth in August, as confident private and fleet customers continued to snap up enticing deals on a wealth of advanced new products.

"As the UK market starts to find its natural level, we expect to see the growth level off during coming months."

UK's best-selling cars in August 2014

1. Ford Fiesta 4657units registered
2. Ford Focus 2740
3. Vauxhall Corsa 2435
4. Volkswagen Golf 2376
5. Vauxhall Astra 2043
6. Audi A3 1641
7. Volkswagen Polo 1299
8. Fiat 500 1203
9. Vauxhall Insignia 1201
10. Nissan Qashqai 1154

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Football

Women suffer tough week with defeats

Thursday 4 September 2014
FA Women's Premier League
South West Division 1
Chichester City Ladies 1 – 3 Southampton Saints

Sunday 7 September 2014
FA Women's Premier League
South West Division 1
Chichester City Ladies 0 – 3 Swindon Town

CHICHESTER CITY LADIES endured a torrid week suffering two defeats in the league in four days. The frustration for the club will be that the results could have been very different after the side was hit with a number of injuries to key players and unfortunate refereeing decisions going against them.

The Green Army began the week with extreme confidence following a fantastic display against QPR on Sunday seeing them being knocked out of the Premier League Cup on penalties by a team in the division above. Southampton Saints visited Oaklands Park on Thursday night and the team were looking to build on that positive performance from the weekend. The game started at an extremely high tempo with both teams looking to take the initiative. Chichester were looking the more dangerous in front of goal and were rewarded when a jinking run from Kally Ambler saw her in front of goal and she blasted her shot into the roof of the next to give the home side the lead.

The game restarted and shortly after Chichester were forced to reshuffle their pack when captain Jade Widdowson was forced off through injury. Southampton sensed this was their opportunity and flooded forward in numbers gaining there equaliser through a fierce Becks Bath strike. There was enough time left in the half for both keepers to be tested however it was the visitors who took the lead going into the break 2-1 to the good.

In the second half further injuries to Cheshire and Ambler forced Chichester to play several

players out of position and the final 20 minutes with 10 players. The half was very even with neither side creating many opportunities. Southampton managed to get their third and seal the game when a tired Chichester defence allowed their left winger to cut in and strike low into the bottom corner.

There was no rest for ladies as Sunday saw the visit of Swindon who had started the campaign with two wins in two. The home side's preparations were disrupted before the game had even kicked off when after giving consent to one of the home side's player with a cast on her arm the referee changed his mind shortly before kick-off. This meant a change in the starting line-up for Chichester and only being able to name two substitutes.

Chichester looked at their most dangerous on the break with Ambler wriggling past the Swindon defence on a few occasions. Swindon's dominance of possession told when they took the lead through a volley from the edge of the area, and they then increased this lead from a free kick given for a dubious handball. This seemed to spark Chichester into life and after winning a free kick off their own on the edge of the area they thought they had clawed one back when Cheshire placed the ball into the top corner. Amid all of the ensuing celebrations the referee disallowed the goal for offside much to the bamusement of the players. At the break Swindon went in two goals to the good.

Chichester started the second half much brighter knowing that things could have been very different. The introduction of Naomi Greene for her debut gave Ambler much needed support upfront and they were beginning to cause problems. The score was still 0-2 and after 70 minutes Ambler was sent off after becoming increasingly frustrated with several refereeing decisions. This meant again the Green Army had to play the final 20 minutes with 10 players on the field. They held their own until in the dying minutes of the game Swindon got their third through a neat finish from the right wing.

Chichester will look to bounce back from a disappointing week when they play Gosport Borough ladies this Sunday at Privett Park, Gosport. Kick off 14.00.

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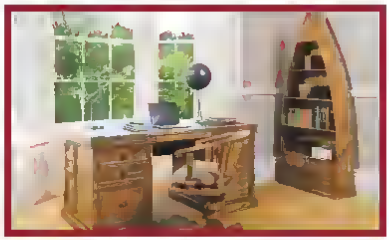

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